

Thinking Moves

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For many decades the educational and scientific communities seemed to believe that thinking was thinking and movement was movement, each as separate as could be. Maverick scientists envisioned links between thinking and movement but those ideas gained little public support. Today we know better...

The kinesthetic arts (dance and theater) use the language of movement to represent ideas and feelings in specific and symbolic ways. We communicate with one another kinesthetically as we create (identify) process, and demonstrate our thinking, and understanding. Purposeful movement plays a powerful role in enabling us to better understand ourselves and each other while we develop cognitive and emotional expressions and understandings.

The kinesthetic arts contribute to the development and enhancement of critical neurobiological systems, including cognition. Evidence from brain imaging sources, anatomical sources, and clinical data shows that moderate physical activity enhances cognitive processing. The physical activity provides oxygen - rich blood to the brain which is necessary for highest performance and most effective functioning.

Movement based learning engages and strengthens fundamental cognitive capacities such as spatial reasoning, problem solving and critical thinking. The kinesthetic arts nurture motivation to learn by emphasizing active engagement, disciplined and sustained attention, persistence and risk taking. Learning is an integrative process and movement provides a variety of entry points for learners to explore concepts shared among two or more disciplines.

This active, experientially based workshop will explore movement based learning approaches to use in study of classroom curriculum content. We will embody ideas, vocabulary, and image, while considering foundational elements of learning (sequence - reference points - directionality - spatial awareness - perspective - collaboration - visual literacy - evidence - problem solving) to integrate movement in the full curriculum and in our teaching practice. P.S. We will have fun.

Workshop Format

Welcome

- Conversation: There are many things we know about why movement matters for learning. Why do you think it's not used as a curricular learning approach more fully or frequently?

Exploring approaches to movement based learning applied to varied content areas

- **Warm up** (why warm ups matter)
- **Embodying vocabulary** (movement and meaning, considering detail, personal expression, demonstrating understanding)
- **Phrases and character attributes** (vocabulary, 1:1 correspondence, sequence, movement and meaning, - dance and literacy)
- **Sculptural Forms** (impede, direct connections, spatial awareness, reference points, sequencing, perspective).
- **Tableaux with movement** (image, detail, story development, looking for evidence, collaboration)